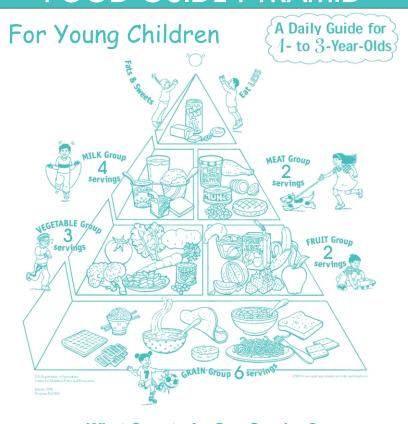
# **FOOD GUIDE PYRAMID**



## What Counts As One Serving?

#### Grains

1/4 to 1/2 slice bread or tortilla

1/4 cup rice or pasta

1/4 cup cooked cereal

1/₃ cup dry cereal

2 to 3 crackers

#### **Vegetables**

1/₃ cup raw vegetables

1/4 cup cooked vegetables

#### **Fruits**

½ cup fruit juice

1 small fruit or 1/4 cup

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#### Milk

½ cup milk or yogurt

3/4 oz. cheese

3/4 cup ice cream

½ cup frozen yogurt

### Meat

1 oz. meat, poultry, or fish

1 egg

½ cup cooked beans or peas

Your child may need more servings than the general recommendations. Ask your nutritionist what number of servings is right for your child.

Nuts, peanut butter, raisins, whole grapes, and hot dogs can cause choking and are not recommended for children under three years of age.

This institution is an equal opportunity provider.